

APPENDIX 1: ADVICE FROM FORMER STUDENTS

1. Be organized! Plan your time wisely and keep your study space neat. Take advantage of every “free” moment you encounter during your day. Use that ½ hour between class and clinic to read, outline a report, complete paperwork, call clients, etc.
2. Don’t procrastinate! As a matter of fact, do “it” before the deadline because chances are all the other “its” will be due on the same day.
3. Rewrite lecture notes! As soon as possible after class, rewrite your notes and correlate them with the readings that, of course, you completed *prior* to the lecture.
4. Don’t panic! Life’s too short to become a walking, babbling, “basket case”. When you feel you’ve consumed all you possibly can, go out and have a good time. Just don’t have too good a time.
5. Keep things in perspective and prioritize. Graduate school is notorious for having every assignment due at one time. Don’t worry, it *will* get done!
6. Lay in a supply of glue sticks, stickers, and index cards.
7. Take time out for yourself. Graduate school can be hectic but you must make room for personal time or the stress will make you sick. Do what you like to do - read a novel, go jogging, bake a cake, start a cross-stitch. Be sure to relax. It will help you stay healthy!
8. Get as much information as possible on different types of behavior management *before* beginning therapy.
9. S/Success: “Success is a journey, not a destination.” (Ben Sweetland)

 O/Ongoing: “It is not true that life is one damn thing after another - it’s one damn thing over and over” (Edna St. Vincent Millay) (e.g., lesson plans, SPRs, SOAPs)

 A/Ability: Do what you can with what you have where you are

 P/Perseverance: “By perseverance the snails reached the ark.” (Charles Haddon Spurgeon)